

The Ribble Valley Food Trail

Every year legions of tourists visit the Lake District, one of Europe's great natural landscapes, but the canny ones head for an area 40 miles south where Her Majesty Queen Elizabeth II has said she would like to retire. Welcome to Ribble Valley.

At 300 square miles, most of which is in the Forest of Bowland Area of Outstanding Natural Beauty, Ribble Valley is the largest district in Lancashire, but it has the smallest population – around 54,000. Its two market towns, Clitheroe and Longridge, and 44 villages are set in a peaceful and unspoilt landscape offering panoramic views and a rich heritage.

What visitors might not realise, however, is that Ribble Valley is home to some of the North West's best food and drink. An array of wonderful foods - meat from traditional Lancashire breeds, organic milk and cheese, yogurt, and ice-cream, handmade chocolate, pies and pastries, and a feast of fruit and vegetables packed with natural flavour - can be found at shops and restaurants along the borough's leafy lanes and in its historic towns and villages.

So, welcome to Ribble Valley, where you will find all the ingredients for a perfect rural escape and plenty to whet your appetite.



Further details about the Ribble Valley Food Trail are available from www.ribblevalleyfoodtrail.co.uk

Please note inclusion on the trail does not imply endorsement by Ribble Valley Borough Council or its partners.



01 The Millstone Hotel

■ Church Lane, Mellor, Lancashire BB2 7JR
t 01254 813333 w www.millstonehotel.co.uk
Open noon to 9.30pm Monday to Saturday and noon to 9pm Sunday, dinner 6.30 to 9.30pm



include Huntley's of Salnesbury and Penny's of Accrington, and the seasonal menu features a host of local products, including braised Pendle lamb shank with spring onion champ.

OS Grid Reference: SD 65113093

02 Fairfield Farm Shop

■ Fairfield Farm, Longsight Road, Clayton-le-Dale, Blackburn BB2 7JA
t 01254 812550 w www.fairfieldfarm.co.uk
Open 10am to 6pm Tuesday to Saturday and 10am to 3pm Sunday



OS Grid Reference: SD65173213

03 Mrs Dowson's Ice Cream

■ Hawshaw Farm, Longsight Road, Clayton le Dale, Blackburn, BB2 7JA
t 01254 812407 w www.mrsdowsons.co.uk
Phone for opening times



OS Grid Reference: SD 6553216

04 The White Bull

■ Church Street, Ribchester, Lancashire, PR3 3XP
t 01254 878303 w www.whitebullrib.co.uk
Open noon to 2.30pm Tuesday to Saturday and noon to 8pm Sunday



come from Ribchester's allotments, pork from Alan Davies at Pinfold Farm, meat from Brendan Anderton and the Ribble Valley Meat Company, and cheese from Mrs Kirkham's. Proper pub food needs a proper village pub, and the White Bull fits the bill nicely. It is also very much part of Ribchester's Roman heritage – the four columns at its entrance that are thought to have been part of a Roman temple.

OS Grid Reference: SD 65043520

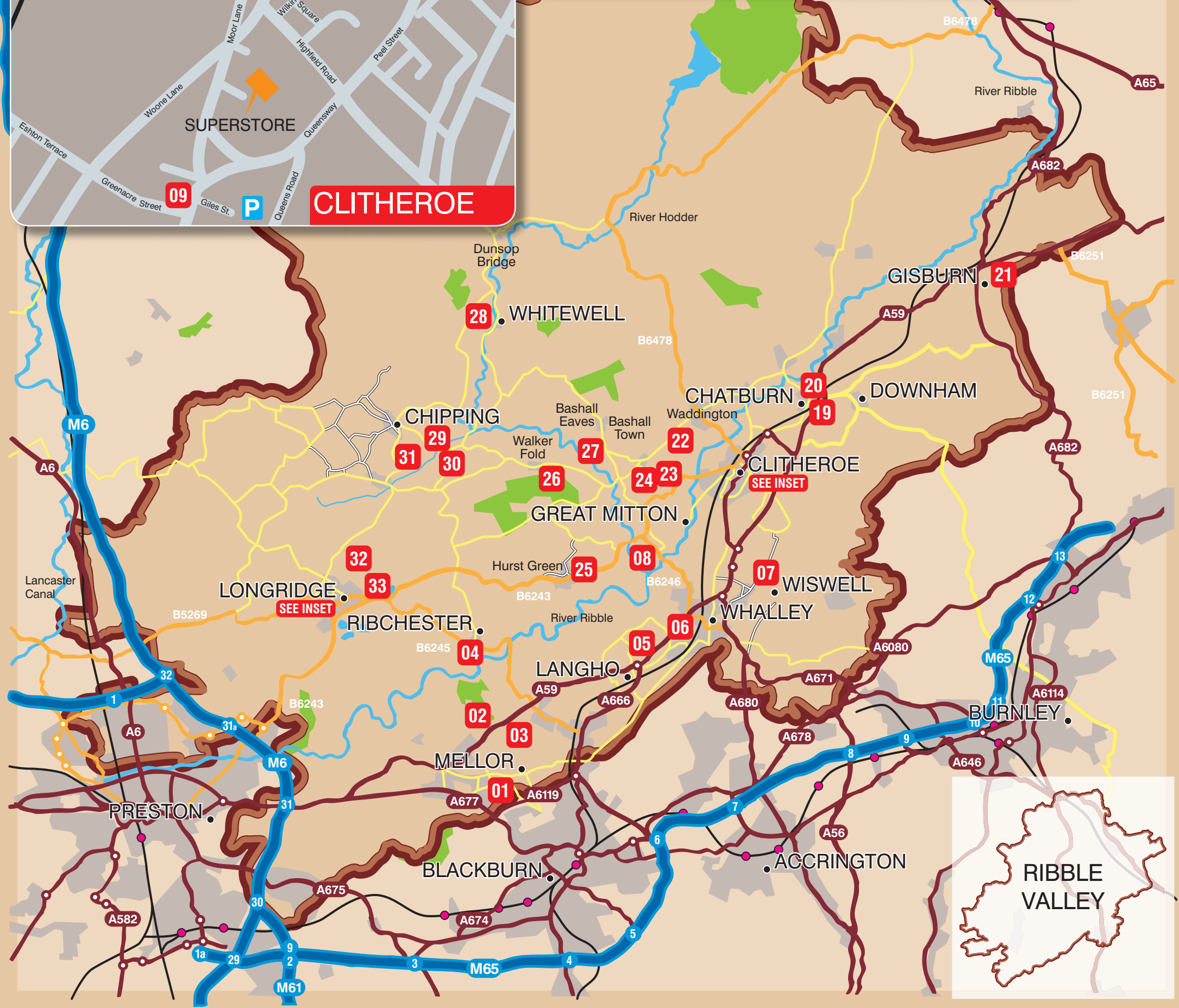
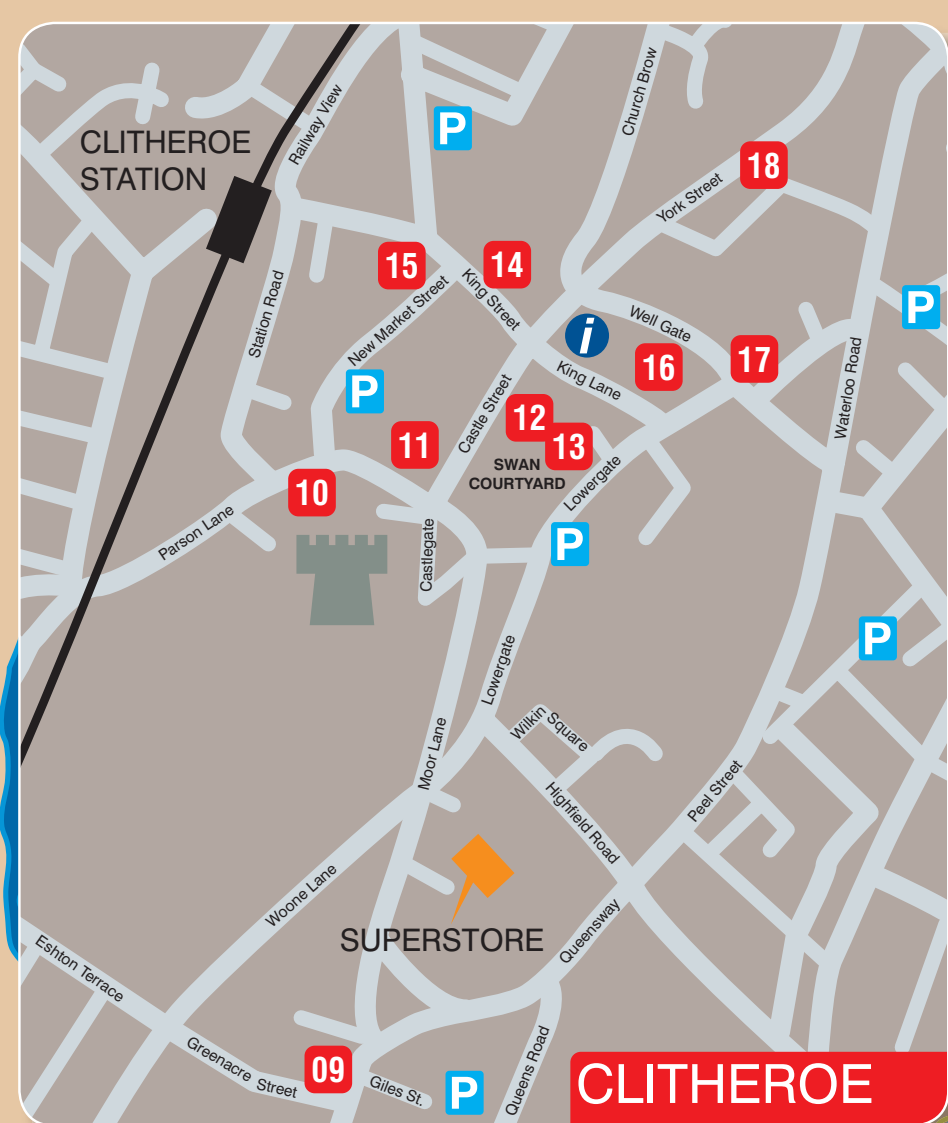
05 Northcote Manor

■ Northcote Road, Langho, Blackburn, BB6 8BE
t 01254 240555 w www.northcotemanoir.com
Phone for bookings and opening times



vegetables from farms around Hesket Bank, milk and dairy products from Simons and you will find delicious ways with Morecambe Bay shrimps and the best quality Bowland beef.

OS Grid Reference: SD 70823487



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04 The White Bull

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06 Food by Breda Murphy

■ Abbots Court, 41 Station Road, Whalley, Lancashire, BB7 9RH
t 01254 823446 w www.foodbybredamurphy.com
Open 10am to 6pm Tuesday to Saturday



academy's youngest ever teacher. Following spells in top kitchens in London and Ireland, she took over as award-winning head chef at the Inn at Whitewell. Food by Breda Murphy's menus are influenced by her wide personal culinary knowledge and experience from Ireland, South East Asia and local classic British dishes.

OS Grid Reference: SD 72943643

07 Freemasons Arms

■ 8 Vicarage Fold, Wiswell, Clitheroe, BB7 9DF t 01254 822218
w www.freemasonswiswell.co.uk Open noon to 2pm and 6 to 9.30pm
Wednesday to Saturday and noon to 8pm Sunday



impressive line-up, with Formby asparagus and the first Lancashire new potatoes, just a taste of what's on offer.

OS Grid Reference: SD 74513738

08 The Three Fishes

■ Mitten Road, Mitten, Whalley, Lancashire, BB7 9PQ
t 01254 826888 w www.thethreefishes.com
Open noon to 11pm Monday to Saturday and noon to 10.30pm Sunday



brewers, it is no surprise that the Three Fishes has scooped many major national awards in recent years.

OS Grid Reference: SD 71433900

09 Waterfield's

■ 44/46 Whalley Road, Clitheroe, BB7 1AW t 01200 444500
Open 8am to 5pm Monday, Tuesday, Thursday and Friday, and 9am to 5pm Saturday



Italian, Spanish or English food. Their ever-evolving business now includes a tapas bar, busy outside catering business and ready meals. Try their grouse parfait, because you will not find it anywhere else!

OS Grid Reference: SD 74224132

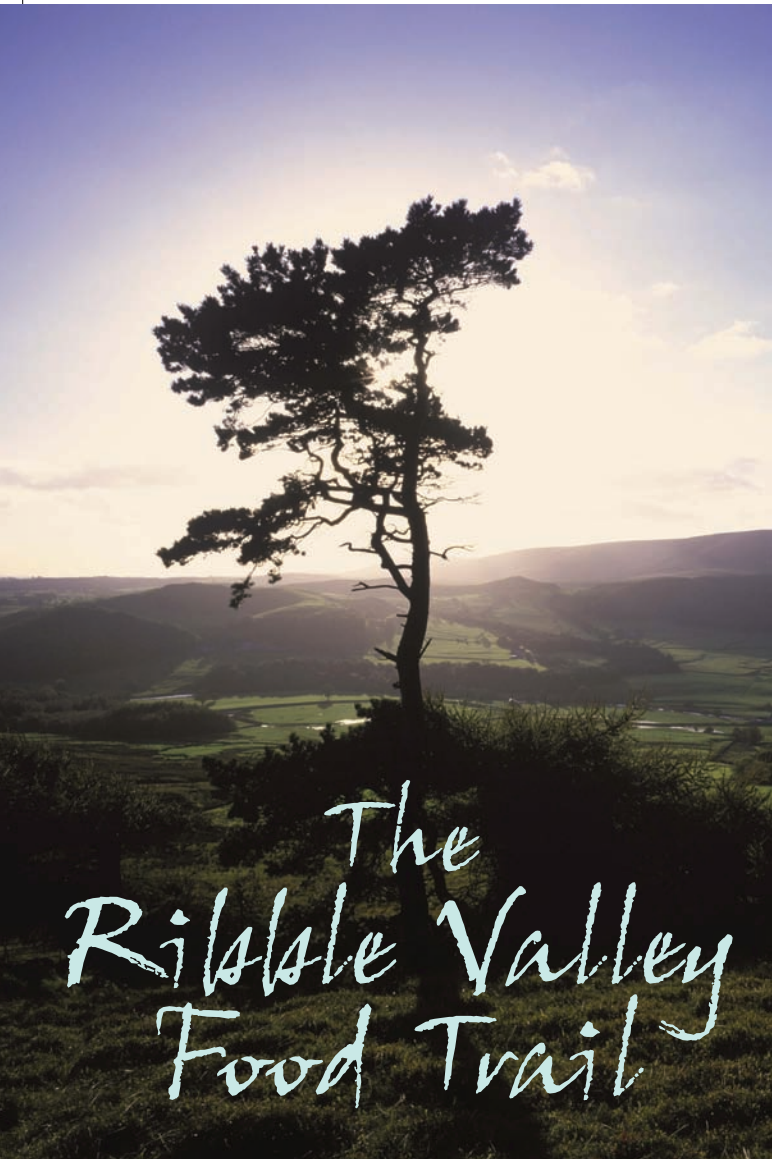
10 Weezos, The Old Toll House

■ The Old Toll House, 1-5 Parson Lane, Clitheroe, BB7 2JP
t 01200 424478 w www.weezos.co.uk
Open 7pm to late Thursdays, Fridays and Saturdays



cheeses from Mrs Kirkham's, Butler's and Singleton's

OS Grid Reference: SD 74204177



The Ribble Valley Food Trail is a Ribble Valley Borough Council initiative. It is part of Taste Lancashire 08, a year of events, activities and promotions co-ordinated by the Lancashire and Blackpool Tourist Board aimed at promoting Lancashire producers, farmers' markets, up-and-coming chefs and fine foods.

An independent panel comprising food and tourism experts and writers from throughout Ribble Valley compiled the trail, which features 36 restaurants, inns, shops and delicatessens on a dedicated map.

Outlets on the trail were selected for their outstanding commitment to local produce, high quality foodstuffs and excellent customer service.

The trail has received funding from the Lancashire Rural Tourism Initiative, which is funded by the Lancashire Rural Recovery Action Plan and supported by the North West Development Agency, and the Lancashire and Blackpool Tourist Board.



A guide to some of England's finest countryside and cuisine

Further details about the Ribble Valley Food Trail are available from www.ribblevalleyfoodtrail.co.uk

11 Cowman's Butchers

■ The Famous Sausage Shop, 13 Castle Street, Clitheroe, BB7 2BT
t 01200 423842 w www.cowmans.co.uk
Open 7.30am to 5.30pm Monday, Tuesday, Thursday and Friday, 8am to 12.30pm Wednesday and 7am to 4.30pm Saturday



for quality meat. Cliff has continued this tradition, creating award-winning sausages made with great ingredients – some of which will definitely surprise!

OS Grid Reference: SD 74304180

12 Mansell's Coffee Shop

■ 3 Swan Courtyard, Castle Street, Clitheroe, BB7 2DQ t 01200 425129
Open 9.30am to 4pm Tuesday to Friday, 9.30am to 5pm on Saturday and noon to 4pm on Sunday (from May to October)



How many men do you know who get up at the crack of dawn to bake cakes? Steven Mansell, proprietor of Mansell's Coffee Shop, Clitheroe, lovingly prepares his never-to-be-forgotten cakes each morning using free-range eggs from a local farm. Steven and wife Rachel, both trained chefs, offer unique and distinct lunches, which are freshly prepared each day using local produce and served by friendly and professional staff. Their oak-smoked salmon is from Mackenzies Yorkshire Smokehouse, while the beef for Steven's popular steak, mushroom and black sheep ale pie is from Mellin's Butchers in Nelson, which sources cattle from the Pendle area.

OS Grid Reference: SD74314179

13 Taste @ Clitheroe

■ 2 Swan Courtyard, Off Castle Street, Clitheroe, BB7 2DQ
t 01200 442006 w www.tasteatclitheroe.co.uk
Open 9.30am to 5pm Tuesday to Friday and 9am to 5pm Saturday



A relative newcomer, Taste is in Swan Courtyard – look out for the cobbled entrance between the Swan and Royal Hotel and Banana News. Deliberately and actively sourcing the best "produce with a conscience", Taste is a delicatessen and café bar specialising in local, organic and fair trade produce, including a wide range of Lancashire cheese, Bowland Outdoor Reared pork and beef, Farmhouse Fare organic puddings, Alston Dairy produce, Bowland spring water, Clitheroe honey and Lower Gaze Gill Farm organic meats. You

can "try before you buy" from the café and takeaway menus include freshly made soup, quiche, sandwiches, cakes and desserts.

OS Grid Reference: SD 74314176

14 D. Byrne & Co

■ Victoria Buildings, 12 King Street, Clitheroe, BB7 2EP
t 01200 423152 w www.dbyrne-finewines.co.uk
Open 8.30am to 6pm Monday, Tuesday, Wednesday and Saturday, and 8.30am to 6pm Thursday and Friday



One of the best-known Clitheroe institutions and a magnet for fine wine lovers from across the North, D. Byrne & Co is a multi-award winning independent wine merchants run by the founder's great grandsons, Andrew, Philip and Tim Byrne. Regularly attracting glowing write-ups, this gem of a wine shop stretches into labyrinthine cellars that run under King Street and are little changed from when the shop was built in the Victorian era. The wines are from all over the world and the Byrne brothers' expert and regular buying trips, and unrivalled relationships with many wineries, ensure that some of the best wines can be found here. You have to go there to appreciate their stunning ranges.

OS Grid Reference: SD 74334192

15 Harrison and Kerr

■ 11-13 King Street, Clitheroe, Lancashire, BB7 2EU t 01200 423253
Open 7am to 5.30pm Monday, Tuesday, Thursday and Friday, 7am to noon Wednesday and 6am to 3pm Saturday



Long-term employee Roger Hope took over this traditional butchers last year and keeps the flag flying for old-fashioned customer service. Fresh pies are baked daily by Cliff Ferguson and Hanson's in Colne, poultry is from Atkinson's of Padham and pork comes from Preston Meats, while game is supplied by Ian Scott of the Gledstone Estate. Farmer Edward Jackson from Wiswell has been supplying them with free-range turkeys for over 20 years. As well as buffets and outside catering, the delicatessen side of the business boasts Harrison's own-cooked

beef, which is prepared on-site with no additives, and the resulting delicious stock is also sold through the shop. There are three sorts of black puddings, including a "low fat" version from Phil Cross and a "higher fat" version that they make themselves.

OS Grid Reference: SD 74284193

16 Exchange Coffee Company

■ 24 Wellgate, Clitheroe, BB7 2DP t 01200 442270
Open 9am to 5.30pm Monday to Saturday



Raise your nose to the air in Clitheroe's Wellgate and it will not take you long to find this speciality coffee and tea merchants that stocks over 30 varieties of coffee and more than 50 loose teas. The company, started by Mark Smith from his market stall 25 years ago, is a real success story, with shops and coffee bars in a number of local towns, as well as a thriving wholesale and franchise business. The Coffee Exchange's philosophy is that the secret to great coffee is freshness, so it sources and buys the best "green" coffee from across the world and roasts it on-site. Alongside this, the shop's café features meat from Harrison and Kerr, fish from Wellgate Fisheries, bread from Oakroyd Bakery in Ingletton and asparilla from the traditional soft-drinks maker Mawson's in Bacup.

OS Grid Reference: SD 74474187

17 Wellgate Fisheries

■ 5 Wellgate, Clitheroe, Lancashire BB7 2DS
t 01200 423511 w www.welgatefisheries.co.uk
Open 8.30am to 4.30pm Monday to Saturday



Giles Shaw sold his first fish when he was eight years old and now runs one of the best fishmongers in the North, providing fantastic fish and seafood to some top restaurants. Thanks to a great supplier and staff, the same quality is on offer to the public too. The business was founded in 1939 by Jack Hall and the Shaw's took it over 50 years later. Giles's philosophy is simply to buy the very best fish available, with little regard to the price. The fish is ethically sourced where possible and, as well as supporting the Manchester wholesale fish market, he often buys direct from the coast. Seasonal offerings include wild sea bass, brown shrimps, flouks, whitebait, mullet, wild sea trout and locally caught wild salmon from the River Lune.

OS Grid Reference: SD 74534185

18 Cheesie Tchaikovsky

■ 39 York Street, Clitheroe, BB7 2DL t 01200 428366
Open 8.30am to 2pm Monday, 8.30am to 4.30pm Tuesday to Friday and 8.30am to 3pm Saturday



Cheesie Tchaikovsky is a specialist cheese shop and delicatessen with an evolving and diverse range of UK and continental artisan-made cheese. Jan and Jane are dedicated to their customers and it is easy to leave the shop laden with more than intended! There is great cheese from Rungis Market in Paris and continental suppliers, but Jan is careful to include the best local produce, including some of Lancashire's best-known. Visit on Thursday, Friday or Saturday and you will find homemade bread on the counter.

Stone-ground organic or biodynamic flour from the Little Salkeld Mill in Cumbria is used and there are traditional techniques and minimal amounts of yeast in the range, which usually includes breads that incorporate spelt, four grain and seed, rye and pesto.

OS Grid Reference: SD 74554201

19 Roy Porter Butchers

■ 9 Bridge Road, Chathurn, Clitheroe, BB7 4LW t 01200 441392
Open 7.30am to 12.30pm Monday, Wednesday and Saturday, and 7.30am to 5.30pm Tuesday, Thursday and Friday



Customers come from far and wide to buy meat, mainly native breeds sourced locally or from long-standing suppliers in Aberdeenshire, from this small traditional village butcher. One of only 60 or so licensed organic butchers in the UK, Roy has a loyal clientele who enjoy the fact that the majority of the bacon and ham he sells is dry cured on the premises. He also sells a dozen varieties of home made sausage, as well as delicious hot and cold pies, and a range of Lancashire cheese. Roy extracts maximum tenderness and flavour from his

meat by hanging Dexter, Hereford, Angus and Highland beef, Herdwick hogget and his mutton lamb, Gloucester Old Spot, Tamworth and Saddleback pork, for the correct times. He always stocks in-season game.

OS Grid Reference: SD 76794409

20 Hudsons Ices

■ The Old Toll House, 2 Downham Road, Chathurn, Clitheroe, BB7 4AU
t 01200 441305
Open 9am to 6pm Monday to Friday and 10am to 6pm Saturday and Sunday (closed Monday in winter)



The main ingredients for this sought-after and uniquely fresh ice cream could not be more local, with milk coming from Thorner's and eggs from Twiston. The ice cream is handmade without preservatives by owners Mark and Mandy Paul in the original dairy at the back of the shop. Their ice cream is so much in demand that they can hardly keep up and the expanding range of flavours includes gooseberry, blackcurrant, damsons and cranberries in season with much of the fresh fruit sourced from Gisburn.

OS Grid Reference: SD 76954413

21 La Locanda

■ Main Street, Gisburn, Clitheroe, Lancashire, BB7 4HH
t 01200 445303 w www.lalocanda.co.uk
Open 6 to 10.30pm Tuesday to Saturday and 4 to 10pm Sunday



La Locanda might look tiny from the outside, but owners Cinzia and Maurizio Bocchi have created an eating space that does not feel crowded. This restaurant melds traditional Italian cooking and expertise with local produce and a cellar of great Italian wines. Between six and 10 different varieties of pasta and 25 different flavours of ice cream are made on-site every day from authentic Italian ingredients. Fresh produce is sourced locally including meat, milk and cream from Gisburn farms, vegetables from Richard Wellock and Sons in Trarhead and seafood

from the Fish House in Clitheroe, as well as trout and halibut from the Lancashire coast.

OS Grid Reference: SD 83094884

22 Cocomoyo

■ Dutch Barn, Backridge Farm, Twitter Lane, Waddington, BB7 3LQ
t 01200 444989 w www.cocomoyo.com
Open 9.15am to 3pm Monday to Friday and 10am to 4pm Saturday and Sunday



OS Grid Reference: SD 71854272

From "coco," as in chocolate, and "moyo," which is Swahili for "heart," chocolates at Cocomoyo are handmade on-site at Backridge Farm, a new development that is worth a visit in its own right. Lisa uses local milk, cream and eggs from Rugglesmere Farm at Bashall Eaves to make her chocolates, which include blended, single estate and origin chocolate, with some very special truffles. One of the most popular options for the true chocaholic are 1kg slabs of white, milk or dark chocolate with additions that you can choose yourself.

23 Bowland Brewery

■ The Bowland Beer Company Ltd, Bashall Town, Clitheroe, BB7 3LQ
t 01200 443592 w www.bowlandbrewery.com
Open 9am to 5.30pm Monday to Friday and 10am to 5.30pm Saturday and Sunday



enthusiast's heaven, with displays and lots of beer-related items on offer.

OS Grid Reference: SD 71094206

Bowland Brewery makes handcrafted real ales and sells them to around 100 local businesses. Look out for "Sawley Tempted," "Bowland Gold," "Clipping Steamer," "Hen Harrier" and "Bowland Dragon" beers in pubs and restaurants around Ribble Valley. The range is made using only the finest malted barley and the fullest flavoured hops. You can buy bottled beers from Bashall Barn, which is attached to the brewery visitor centre, including "Sky Dancer," "Cromwell Stout" and "Headless Peg." The brewery's visitor centre is a beer

24 Bashall Barn

■ Bashall Town, Clitheroe, Lancashire, BB7 3LQ
t 01200 428964 w www.bashallbarn.co.uk
Open 9am to 5.30pm Monday to Friday and 10am to 5.30pm Saturday and Sunday



This family business, based on a working dairy farm, opened just as the foot and mouth epidemic hit Ribble Valley in 2001. Six years hard work later, it is one of the larger farm shops in the area and has an excellent and expanding range of local goodies and a thriving café/restaurant. Sausages are from the Ribble Valley Meat Company in Ribchester and there is also Lancashire cheese from Proctor's, Coffee and Lancashire tea from the Coffee Exchange. Much of the food is made on-site, including brownies, flapjacks and cakes, as well as popular ready meals, such as cottage and fish pies, casseroles and lasagnes. Beer is from the Bowland Brewery next door (see above).

OS Grid Reference: SD 71094206

25 The Bayley Arms

■ Avenue Road, Hurst Green, Clitheroe, BB7 9QB
t 01254 826478 w www.bayleyarms.co.uk
Open noon to 2pm and 6 to 9.30 pm Monday to Friday and noon to 9.30pm Saturday and Sunday



This historic pub and B&B close to the famous Jesuit college, Stonyhurst, dates to the 1670s, when the Bayley family owned the college and its estate. The Bayley Arms sources as much as possible locally and in season, offering good value food from a large and varied menu, including Bowland lamb and beef, Goosnargh chicken, Mrs Kirkham's cheese, Brendan Anderton's sausages, gammon and black pudding from Andrew Ireland, and ice cream and milk from Mrs Dowson's. Top menu items are the homemade Bayley steak pudding with

proper suet pastry and the chef's special crème brûlée.

OS Grid Reference: SD 68453814

26 The Craven Heifer

■ Chipping Road, Chaigley, BB7 3LX
t 01254 826215 w www.cravenheiferchaigley.co.uk
See web site for opening times



Word-of-mouth alone has spread the good news about the great food and service at this family-owned pub at the foot of Jeffrey Hill. Chef patron Nick Wharf and locals Alison Ashworth and Susie Dinsdale opened for business in March 2005 and have not looked back since. Nick uses local suppliers and organic produce where possible and cooks seasonally influenced special dishes. Anderton's is the main meat supplier and lamb is bought directly from local farmers.

OS Grid Reference: SD 66734188

27 The Red Pump Inn

■ Clitheroe Road, Bashall Eaves, BB7 3DA
t 01254 826227 w www.theredpumpinn.co.uk
Open noon to 2.30pm and 6 to 11 pm Tuesday to Friday and noon to 9.00pm Sunday



game from local estates. Local ales are from Grindleton Brewhouse, Moorland and Bowland Breweries.

OS Grid Reference: SD 69584318

This traditional country inn had a real shake-up when Martin and Jonathan Myerscough took over in 2005. It now has three new guest rooms, a restaurant, small café, bar and snug all set in lovely countryside. The Myerscoughs believe that "fresh is best," both in sourcing produce and the on-site preparation of food. Extra matured beef is from farms on Pendle Hill, lamb is from Bowland and Bolton Abbey, chicken and duck is from Johnson and Swarbrick in Longridge, and cheese is from Proctor's, as well as a huge range of

28 The Inn at Whitewell

■ Forest of Bowland, Clitheroe, Lancashire, BB7 3AT
t 01200 448222 w www.innatwhitewell.com
Open all day, lunch noon to 2pm, dinner 7.30 to 9.30pm



day. Menu favourites from chef Jamie Cadman include Whitewell fisherman's pie and Cumberland sausage.

OS Grid Reference: SD 65914690

Run by the Bowman family since 1973, the Inn at Whitewell is a traditional country inn in an unrivalled Forest of Bowland setting, with quirky family sporting and hunting memorabilia, log fires and a warm welcome. A refurbishment and extension a couple of years ago ensures a peaceful spot for a delicious meal, including a new dining room overlooking the River Hodder and its lovely valley. Most of the food, including meat and game, is sourced locally as well as homegrown herbs and fruit. Bread is baked on-site and fresh puddings are made every

29 Leagram Organic Dairy

■ Moss Lane, Chipping, PR3 2QT
t 01995 61532 w www.cheese-experience.com
Open 8am to 5pm Monday to Friday, or phone for a weekend visit



Bob Kitching has brought the art of cheesemaking alive for thousands of people in his popular and unique demonstrations around the country. You can buy his great cheeses direct from the dairy or find his completely organic products in many local outlets. Sheep Milk UK, one of the country's largest producers of sheep milk, is on the Leagram Estate and Leagram Dairy uses their organic milk to make sheep's cheese. Organic creamy, crumbly, mature and soft Lancashire cheese is made on-site and, for those that enjoy Lancashire cheese with additions, there are many flavoured versions. Bob's milk is sourced from farmers Mr Parkinson at Ingelwhite and Mr Sanderson at Woodplumpton.

OS Grid Reference: SD 63294271

30 Gibbon Bridge Hotel

■ Chipping, Forest of Bowland, Lancashire, PR3 2TQ
t 01995 61456 w www.gibbon-bridge.co.uk
See web site for opening times



coming from the hotel gardens. Janet's passion for baking is reflected in an in-house bakery that produces fresh bread and desserts daily.

OS Grid Reference: SD 63724244

Janet Simpson created the Gibbon Bridge Hotel from the family farm, incorporating Gothic masonry from a dismantled church in Blackburn. Since opening in 1982, the Gibbon Bridge has been a staunch supporter of local producers, such as Leagram's Dairy, Johnson and Swarbrick, Brendan Anderton, Bowland Brewery and Ann Forshaw's. As much as possible is produced at the hotel, with fresh fruit, including raspberries, plums, tomatoes and blackberries, and vegetables, such as cauliflower, carrots, beans and herbs.

31 Robinson Bros Butchers

■ Wilden, Garstang Road, Chipping, Preston, Lancashire, PR3 2QH
t 01995 61234 or 01995 61515
Open 9am to noon Monday, 9am to 5.30pm Tuesday, Thursday and Friday, 9am to 1pm Wednesday and 9am to 1pm Saturday



Founded in 1906 by the grandfather of present owners Mark and Robert Robinson, the family used to have its own abattoir in nearby Longridge, which the foot and mouth outbreak and EU regulations forced them, along with many others, to close. The good news is that this family business in the centre of Chipping is still going strong. The Robinsons buy pork and other meat from Bowland Forest Foods and source all their meat locally or from Statutians - their own farm at Chipping. They also sell Lancashire cheese and a recent diversification is Uncle Jersey cows and cream from Ken Thorner in Chaigley.

OS Grid Reference: SD 62444266

32 Little Town Dairy

■ Littletown Farm, Chipping Road, Thornley, Lancashire, PR3 2TB
t 01772 782429 w www.littletowndairy.co.uk
Open 9am to 5pm Monday to Saturday and 11am to 4pm Sunday



pies, a wide range of jams, preserves and local honey, as well as pickles, chutneys and sauces, and seasonal vegetables. You can watch the cows being milked as part of your visit.

OS Grid Reference: SD 60883912

The same family has farmed at Little Town for three generations and it specialises in premium products made from the milk of their RSPCA accredited herd. Dairy produce includes crème fraiche, smoothies, luxury thick and creamy yogurts, with real fruit pieces and a mouth-watering range of farmhouse ice cream. Beef in the shop is family-farm Aberdeen Angus, pork is from outdoor-reared Saddleback pigs and Little Town lambs produce top quality meat. They also sell freshly baked bread, cakes and

33 The Corporation Arms

■ Lower Road, Longridge, Preston PR3 2YJ
t 01772 782644 w www.corporationarms-longridge.co.uk
Open noon to 9pm Sunday to Thursday and noon to 9.30pm Friday and Saturday



House in Clitheroe, and Neve's in Fleetwood. Menu favourites include steak and ale pie and Lancashire hotpot.

OS Grid Reference: SD 61823731

Known locally as "The Corpor," the building dates back to 1750 and in the early 1900s hosted livestock auctions and competitions. The Macneil and Proctor families purchased it in 2004 and turned it back into a family-run country inn. Straightforward, great quality pub food, sometimes with a continental twist, is the order of the day. Meat comes from Brendan Anderton's in Longridge, vegetables are supplied by Ribble Farm, dairy products are from Gornall's in Grimsargh and fish comes from the Fish

34 The Longridge Restaurant

■ 104-106 Higher Road, Longridge, Preston, PR3 35Y
t 01772 784969 w www.healthcotes.co.uk
Open noon to 2.30pm and 6 to 10pm Tuesday to Friday, 5 to 10pm Saturday, noon to 3.30pm and 6.30 to 8.30pm Sunday



OS Grid Reference: SD 61143772

Restaurateur Paul Heathcote is a Lancashire legend. His book, Rhubarb and Black Pudding, written with leading food writer Matthew Fort, was one of the first cookbooks to feature the joys of Lancashire food and producers. The recently refurbished Longridge Restaurant now has Gordon Ramsay-trained James Holah as head chef. Paul has always been passionate about local sourcing; his meat is from Pugh's Piglets and Reg Johnson, and his cheese from Adrian Hill's Fine Foods.

35 Thyme

■ 1-3 Ingelwhite Road, Longridge, Preston, Lancashire PR3 2RW
t 01772 786888 w www.thyme-restaurant.co.uk
Open noon to 2pm and 6 to 9.30pm Tuesday to Saturday, noon to 8pm Sunday



OS Grid Reference: SD 60143761

This popular restaurant is an unassuming, bright and busy brasserie offering quality cooking from chef Alex Coward, who mixes traditional Lancashire fare with ethnic influences from his travels, such as sea bass with pak choi. Local suppliers include Tina's Corner Bakery, Ribble Farm Fare, the Ribblesdale Wine Company, Carelrof's Butchers, Butler's cheese, meat from Brendan Anderton and Goosnargh duck.

36 Tina's Corner Bakery

■ 76 Derby Road, Longridge, Preston, Lancashire PR3 3FE
t 01772 782514
Open 8am to 4pm Monday, Tuesday and Thursday, and 8am to 2pm Wednesday and Saturday



for 27 years after acquiring it from founder Mrs Bigley in 1934.

OS Grid Reference: SD 60093726

It is unusual to find a "proper" bakery nowadays, but Tina's is a traditional bakery, with everything made daily from flour, yeast and water. You will find great bread, both traditional and speciality, such as olive and tomato, as well as pies, plain, cream and fruitcakes, and a loyal clientele that particularly likes Tina's oat biscuits and freshly made sandwiches. Tina, who has been baking since she left school, took over from the previous owner John Sidgreaves, who in turn ran the bakery